

June 2018

Group Exercise, SilverSneakers, Silver&Fit, and Active&Fit

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

Group Exercise trial week for Session IV—try any class for free July 2–8. This session runs through August 19.

Classes do not meet July 4.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers Circuit		SilverSneakers Circuit		
9 a.m.							Yoga Core
9:30 a.m.		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		Run/Walk X-Train
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		ZUMBA Gold
noon						Beginning Yoga	
5:30 p.m.		Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Body Blast Pilates	Body Blast		
6:45 p.m.		Vinyasa Flow II ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

ADDITIONAL ACTIVITIES

Family Yoga

NEW!

Family Yoga provides a wonderful place to spend healthy and happy, quality time together. It is a powerful program that can inspire, create community, and build family bonds. Classes include songs and rhymes, verbal and physical interaction, stories and creative play. No mobile phones, no iPads or TV, no other duties ... it's just you and your family! Let's Family Yoga! Instructor: Valeria DeCastro
F 7/6–8/17 • 5:30–6:30 p.m.
Register by 7/8 • 250215-B
\$30 • For ages 3–12 yrs. w/parent

Yoga Together

NEW!

Practicing Yoga Together is a fabulous medium for building stronger communication and intimacy in just about any kind of relationship, whether it is friendship, a family member, or your significant other. Postures are designed to nurture trust, strengthen communication and create a sense of laughter and light-heartedness.
 Instructor: Valeria DeCastro
Sa 7/7–8/18 • 2–3 p.m.
Register by 7/8 • 250217-B
\$30 • For ages 12 yrs. and up.

Excel Tae Kwon Do

Beginner—

Tuesdays and Thursdays, 5:30–6:30 p.m.

Advanced—

**Tuesdays, 6:45–7:45 p.m. and
Thursdays, 5:30–6:30 p.m.**

**July 3–August 16 • For all ages.
\$55 • Register by 7/8.**

This class focuses on coordination, discipline, and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

DROP-IN SOCCER

Sundays, May 20–December 30
 5:30–7 p.m. • Admission \$5/player

DROP-IN VOLLEYBALL

NEW!

Wednesdays, May 16–August 29 • 7–9 p.m.
 June 6 and 13 drop-in nights moved to June 10 and 17.
 Wednesdays, Sept. 5–Dec. 26 • 8–10 p.m.
 Admission \$5/player

For more information, please stop by the front desk.



1700 W. Bloomfield Rd.
 812-349-3720

Hours June 1–August 31:

Mon.–Fri.: 6 a.m.–9 p.m.
 Sat.–Sun.: 7 a.m.–9 p.m.

Holiday Hours:

July 4: 7 a.m.–1 p.m.



[btownparks](https://www.instagram.com/btownparks)



Twin Lakes
 Recreation Center

bloomington.in.gov/TLRC

June 2018

The lower level is open for scheduled programming and rentals only.
Members may request use of the lower level at the front desk.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

ADDITIONAL ACTIVITIES

Breakfast Bash

June 14
8:30–10 a.m.
Registration required.
Call 812-349-3720
to register.

*Sponsored by
Hearthstone Health Campus*

Legal Counseling

June 14 • 3 p.m. • FREE
by Atty. Tom Bunger
Call 812-349-3720
to register.




Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4
TLRC membership or
purchase of a daily
admission pass
is required
to participate.




Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.

 Active&Fit. activeandfit.com

 SilverSneakers silversneakers.com

 Silver&Fit. silverandfit.com



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